

Name: _____

Date: _____

I Can Calm Myself

P E A C E F U L H V L U U B E P T H E T B Y E G
S O D D K I C A N H A N D L E T H I S R G F D T
J F K T B T M G C S T G M T R W M X R B D O U G
X T Q B T C I G X O R A F A C M G N R S U E T R
K I Y D C O Y M N C U N E B I S I A N Q E H I Y
A T U P A B Z G M I K N R R R T T E V W A J T R
I U U B U R C C X R Y M S B B A G B U I N H T M
S O Q Y O D Z H B F D R M E O P B J M D G A A Z
K B A N Y C N K C Z L E T Y L R E P R X E E E O
A A M U E D C U Q T A N A P L O C E L H R R V S
E E I F R F P D X Q L Y F G E F R V D A R U I T
R T C A O E Y A K S A E T C Y E G O P R U Y T P
B I N R F A W B P D L V C I L G K F N U L T I J
A R I A E O D T L N P H Y P U B H E V Y E N S X
E W L J B K F Z U L Q E G A S S E M I M S M O A
K K X G K F L E S R U O Y N I E V E I L E B P D
A S H N N J E P E C U I G D K S S G Q A W K Y M
T J S I I S H R K A S P A B U L X N F C A X J R
L K O M H C U N Y I I Q G T M N Q F X T G L C O
F O H L T Q D R A W Y O U R F E E L I N G S O Q
L D F A G X S L F F W R B T V J V V N C P P O T
T P V C Z E H R D Q N Q A N G E R V O L C A N O
S S S L L A B S S E R T S X C J U O E I T B U Q
G X Q K F Y I M X S T O P A N D T H I N K S G E

Think Before You Act
Positive Attitude
Write About It
Keep Trying
Stress Ball
I Message

Believe in Yourself
I Can Handle This
Anger Volcano
Calming Jar
Anger Rule
Peaceful

Draw Your Feelings
Stop and Think
Take a Break
Deep Breath
Counselor
Calm